



BULLYING: IT'S NOT OK

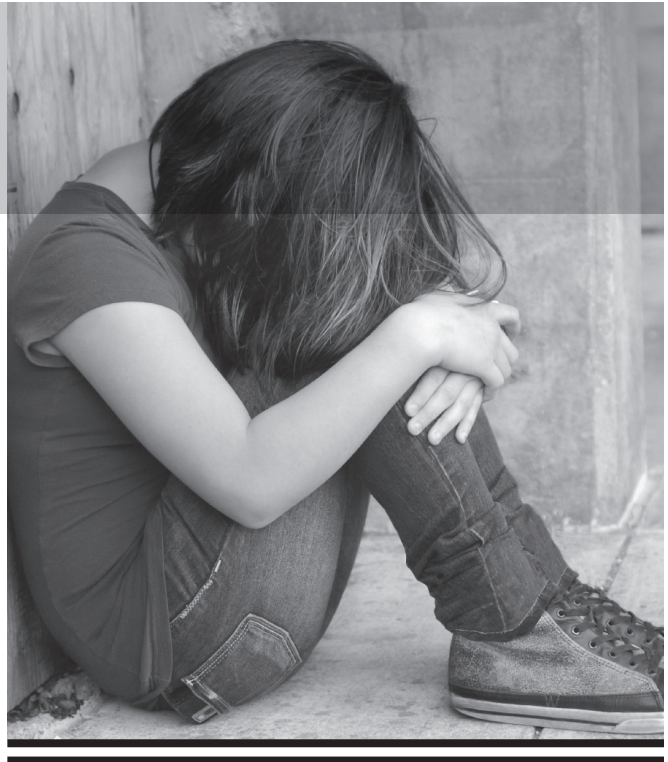
Bullying is when one child picks on another child again and again. Usually children who are being bullied are either weaker or smaller, as well as shy, and generally feel helpless. Some children and youth are at higher risk of being bullied, such as those with disabilities or other special health care needs and those who are lesbian, gay, bisexual, or transgender.

Bullying occurs when there is an imbalance of power. Sometimes children argue with each other or make bad choices in their behavior, which is not bullying.

Cyberbullying occurs electronically, using things like social media sites, texting, chat rooms, or instant messaging. Cyberbullying can happen any time—day or night—and is visible to many more people than traditional bullying. It's very hard to undo or hide what the child who is cyberbullying has done.

FACTS ABOUT BULLYING

- Both girls and boys can be bullies.
- A child can be both the bully and the victim.
- Bullies target children who cry, get mad, or easily give in to them.
- There are 3 types of bullying.
 - Physical—hitting, kicking, pushing, choking, punching
 - Verbal—threatening, taunting, teasing, hate speech (This can also include electronic messaging)
 - Social—excluding victims from activities or starting rumors about them



- Bullying happens
 - At school, when teachers are not there to see what is going on
 - When adults are not watching—going to and from school, on the playground, or in the neighborhood
 - Through electronic methods, such as social networks, texting, and instant messaging

Common characteristics of bullies and victims (from www.StopBullying.gov)

Generally, children who are bullied have one or more of the following risk factors:

- Are seen as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or not having what kids consider “cool”
- Are seen as weak or unable to defend themselves



- Are less popular than others and have few friends
- Do not get along well with others, are seen as annoying or provoking, or provoke others for attention

Those who bully others do not need to be stronger or bigger than those they bully. Often, these students require support to change their behavior and address other challenges that may be influencing their behavior. Children who bully may have more than one of the following characteristics:

- Are aggressive or easily frustrated
- Have less parental involvement
- Have issues at home
- Think badly of others
- Have difficulty following rules
- View violence in a positive way
- Have friends who bully others

EFFECTS OF BULLYING

Children who experience any kind of bullying—including cyberbullying—can experience long-term effects, even into adulthood. Bullying can have consequences for both the bully and the victim, who

- Have a higher risk of substance use
- Are more likely to skip or drop out of school
- Can have health complications
- Have poor school performance
- Experience depression or other mental health challenges

TALK WITH YOUR CHILD ABOUT BULLYING

Even if you don't think your child is bullied, a bully, or a bystander, you will be helping protect your child just by asking these questions.

- How are things going at school?
- What do you think of other kids in your class?
- Does anyone get picked on or bullied?
- What is lunchtime like? (or recess)
- Is anyone texting, tweeting, or posting mean things on social networks?

HELP YOUR CHILD RESIST BULLYING

You cannot always help your child avoid all bullying, but you can help him build coping skills to deal with difficult situations. Spend time with your child, show him love and encouragement, and model good behavior toward others. Talk through difficult situations with your child so he knows he can trust you with his problems.

WHEN YOUR CHILD IS BULLIED

It can be upsetting to find out your child has been bullied. Let her know you are there for her, willing to listen, and taking action to make sure it doesn't continue. Here are some things you can do.

- *Help your child learn how to respond.* For example, "Let's talk about what you can do and say if this happens again."
- Teach your child how to.
 - Look the bully in the eye.
 - Stand tall and stay calm.
 - Walk away.
 - Not respond to electronic messages and cut off communications with those who are sending unwanted messages.
 - Show bullying texts, posts, or e-mails to a parent or other trusted adult.

- Teach your child how to say in a firm voice.
 - “I don’t like what you are doing.”
 - “Please do not talk to me like that.”
 - “Why would you say that?”

For many children, these skills do not come naturally. It is like learning a new language—lots of practice is needed. Practice so, in the heat of the moment, these skills will come to your child naturally.

- **Teach your child when and how to ask for help.** Your child should not be afraid to ask an adult for help when bullying happens. Since some children are embarrassed about being bullied, parents need to let their children know being bullied is not their fault.
- **Encourage your child to make friends with other children.** There are many adult-supervised groups, in and out of school, that your child can join. Invite your child’s friends over to your home.
- **Support activities that interest your child.** By participating in activities such as team sports, music groups, or social clubs, your child will develop new abilities and social skills. When children feel good about how they relate to others, they are less likely to be picked on.
- **Alert school officials to the problems, and work with them on solutions.** Since bullying often happens outside the classroom, talk with the principal, guidance counselor, or playground monitors, as well as your child’s teachers. Write down and report all bullying, including cyberbullying, to your child’s school. By knowing when and where the bullying occurs, you and your child can better plan what to do if it happens again.

WHEN YOUR CHILD IS THE BULLY

No parents want to think their child would bully another child, but it does happen and parents must be ready to respond. If you know your child is bullying someone, take it very seriously.

Now is the time when you can change your child’s behavior.

In the long run, bullies continue to have problems. These often get worse. If the bullying behavior is allowed to continue, these children often become adults who are much less successful in their work and family lives and may even get in trouble with the law.

- Help your child understand what bullying is and why it is a problem. Help your child understand how bullying hurts other children. Give real examples of the good and bad results of your child’s actions.
- Set firm and consistent limits on your child’s aggressive or hurtful behavior. Be sure your child knows that bullying is never OK.
- Be a positive role model. Children need to develop new and constructive ways for getting what they want. All children can learn to treat others with respect.
- Use effective, nonphysical discipline, such as loss of privileges. When your child needs discipline, explain why the behavior was wrong and how your child can change it.
- Find positive ways to stop bullying with the school principal, teachers, counselors, and parents of the children your child has bullied.
- Supervise your child and help develop individual skills and interests. Children with too much “time on their hands” are more likely to find themselves in bad situations.

- Supervise their time online, and monitor what sites they are visiting. Require them to friend you on social media sites and share their passwords with you.
- Ask for help. If you find it difficult to change the behavior, reach out to a professional, like a teacher, counselor, or your child's pediatrician.

It is important for everyone in the community to work together to build a safe environment for all children. Partner with your child's pediatrician, school district, and local community leaders to create anti-bullying messages and policies. Find more information at StopBullying.gov.

WHEN YOUR CHILD IS A BYSTANDER (with additions from StopBullying.gov):

Most children are neither bullied nor bullies—they just watch. There are things your child can do to help stop bullying.

- Don't give bullying an audience. Often, those who bully are encouraged by the attention they receive from bystanders. Children can help stop bullying by actively not supporting it.
- Set a good example.
- Help the child who is bullied get away.
- Tell a trusted adult. Talking with an adult is not tattling. Standing up for another child by getting help is an act of courage and safety. To make it easier, suggest taking a friend.
- Be a friend. Children can help someone who's been bullied by simply being nice to him. Being friendly can go a long way toward letting him know that he's not alone.

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get fit, stay healthy



Being fit means you're in **good shape**, you have *energy*, you're active, and you don't get tired easily during the day. Most people who are fit also **feel pretty good** about themselves.

Any type of regular, physical activity can **improve your fitness and your health**—even walking, climbing up a flight of stairs, or mowing the lawn. The most important thing is that you **keep moving!**

Feel better, look better

There are a lot of **benefits** to being physically active. It can help

- **Keep you at a healthy weight.** This doesn't necessarily mean being thin. Everybody's ideal weight is different—it depends on your **height and body size**. Ask your pediatrician what the right weight is for you.
- **Prevent heart disease.** Heart disease is the **leading cause of death** in the United States. Research has shown that the risk factors for heart disease start during childhood. A lack of physical activity is one of the major risk factors of heart disease.
- **Strengthen your bones. Regular exercise keeps bones healthy** and can help prevent a bone disease called osteoporosis. This disease is common in older people and causes bones to break easily.
- **Reduce stress.** We all have stress, but learning to **cope** with it is an important way to stay healthy. Many things can cause stress like problems with parents or friends or the pressures of school. Major things like moving to a new home or breaking up with someone can also cause stress. **Exercise can help you relax** and helps your body handle stress.

Total fitness

To **be fit**, you might find it helpful to work on all aspects of fitness, including the following:

Aerobic endurance—This is how well your heart, lungs, and blood vessels provide oxygen and nutrients throughout your body. When you exercise, you **breathe harder** and your **heart beats faster**. This helps your body get the oxygen it needs. If you are not fit, your heart and lungs have to work extra hard, even to do everyday things like walking up the stairs.

Body fat—How much you weigh is not the only way to tell if you are overweight. It's actually determined by your body mass index (BMI), which includes **your weight and height** and gives an idea of **how much of your body weight comes from fat**. People who are overweight have more body fat in relation to the amount of bone and muscle in their bodies. Eating too much and not exercising enough can cause you to have too much body fat. Your risk of health problems like diabetes, cancer, high blood pressure, knee and back pain, and heart attacks is increased when you're overweight.

Muscle strength and endurance—This is the amount of work and the amount of time that your muscles are able to do a certain activity before they get tired. **The more fit you are, the longer you are able to play a sport**, work out, or do other activities before you have to stop.

Flexibility—This is how well you can **move and stretch** your joints, ligaments, and muscles through a full range of motion. For example, people with good flexibility can bend over and touch the floor easily. Poor flexibility may increase the risk of getting hurt during athletic and everyday activities.

What can I do to become more fit?

Just do it! Make the commitment and **stick to it**. Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own.

Stay positive and have fun. A **good mental attitude** is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to **exercise with someone** else, so see if you can find a friend or family member to be active with you.

Take it one step at a time. Small changes can add up to better fitness. For example, walk or *ride your bike to school* or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. **Use the stairs** instead of taking the elevator or escalator.

Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the **best type of exercise** because **it increases your fitness level** and makes your heart and lungs work better. It also **burns off body fat**. Examples of aerobic activities are basketball, running, or swimming. (See the Fitness Activity Chart at the end of this brochure for more ideas.)

Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help **protect against injury**. Stretching makes your muscles and joints **more flexible** too. It is also important to stretch out *after* you exercise to cool down your muscles.

How often should I exercise?

Your goal should be to do some type of exercise **every day**. It is best to do some kind of aerobic activity without stopping for at least **20 to 30 minutes** each time. Do the activity as often as possible, but don't exercise to the point of pain.

Like all things, **exercise can be overdone**. You may be exercising too much if

Is it safe to train with weights?

Strength training, also called “weight training” or “resistance training,” is an activity in which you use free weights, weight machines, resistance bands, or even your own weight to increase **muscle strength** and muscle endurance. The goal is **not to bulk up**, but to build strength and coordination. Do not focus on how much weight you are lifting, but rather on doing the exercises slowly and safely. When done correctly, this can be a great way to increase your strength and fitness.

Start with light weights and use smooth, controlled motions. Increase the number of times you lift the weight (repetitions) gradually. Avoid strength training more than 3 times per week and make sure you have **a day of rest in between** each workout. Too much weight training can be harmful and there are no extra benefits to strength training more often.

Safety measures should be taken during strength training. Most strength training injuries happen when exercises are not done correctly, when too much weight is lifted, or when there is no adult supervision.

Weight training isn't the same as weight lifting, power lifting, and body building. Avoid these activities until your body has reached full adult development (usually after the age of 18) because these sports can result in serious injury. Ask your pediatrician when it is a good time for you to start.

- Your **weight falls** below what is normal for your age, height, and build.
- It starts to **get in the way** of school and your other activities.
- You start to have bone, joint, or muscle **pain** that affects your daily activities.
- You are a **girl** and your periods become irregular, sporadic, or stop completely.

If you notice any of these signs, **talk with your parents or pediatrician** before health problems occur.

A healthy lifestyle

In addition to exercise, making **just a few other changes** in your life can help keep you healthy, such as

- **Watch less TV** or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).

- Eat 3 **healthy meals** a day, including at least 4 servings of **fruits**, 5 servings of **vegetables**, and 4 servings of **dairy products**.
- Make sure you **drink plenty of fluids** before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
- Stop drinking or drink fewer regular soft drinks.
- **Eat less junk food** and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
- Get 9 to 10 hours of **sleep** every night.
- **Don't smoke** cigarettes, **drink** alcohol, or **do** drugs.

Fitness Activity Chart

| Activity | Calories Burned During 10 Minutes of Continuous Activity | |
|-------------------------|--|---------------|
| | 77-lb Person | 132-lb Person |
| Basketball (game) | 60 | 102 |
| Cross Country Skiing | 23 | 72 |
| Biking (9.3 mph) | 36 | 60 |
| Judo | 69 | 118 |
| Running (5 mph) | 60 | 90 |
| Sitting (complete rest) | 9 | 12 |
| Soccer (game) | 63 | 108 |
| Swimming (33 yd) | | |
| Breaststroke | 34 | 58 |
| Freestyle | 43 | 74 |
| Tennis | 39 | 66 |
| Volleyball (game) | 35 | 60 |
| Walking | | |
| 2.5 mph | 23 | 34 |
| 3.7 mph | 30 | 43 |

Modified from Bar-Or O. *Pediatric Sports Medicine for the Practitioner*. New York, NY: Springer-Verlag; 1983: 349–350

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From your doctor

American Academy
of Pediatrics



The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Illustration by
Damon Butler and
Billy Nuñez, age 16

TALKING WITH YOUR TEEN: TIPS FOR PARENTS

BE AN INVOLVED PARENT

- Show interest in your teenager's activities and friends.
- Talk openly, honestly, and respectfully with your teenager.
- Set clear limits and expectations.
- Know what's going on at school and after school.
- Teach your teenager how to safely avoid violence.

Teenagers are no longer children, but they are not yet adults. While teenagers are developing more independent thoughts, feelings, and values, it is only natural for them to question their parents' rules, beliefs, and expectations. During this time of change, parents often worry about their teenager's safety.

Encourage independence while teaching safety.

As teenagers are testing their new independent roles, it's not an easy time for parents. But if teens don't get love, security, and a feeling of safety from their family, they might look elsewhere, even toward friends who are a bad influence, such as gang members. One of the best ways parents can help their teenagers stay safe is to **teach them how to avoid violence.**

Talking with your teen is one of the most important things you can do to help keep your child safe.

KNOW WHAT'S GOING ON

It's important to understand some of the typical behaviors and feelings of teenagers, even if your teenager thinks you don't!

Teens are very interested in:

- New ways of doing things.
- The present, with little interest in the future. With maturity, the future becomes more important.

Teens often:

- Feel awkward and believe they don't fit in.
- Behave childishly when stressed.

Teens want:

- Role models for themselves.
- To be capable and needed.

SET CLEAR LIMITS AND EXPECTATIONS

Talk about limits to which you can both agree:

- Homework completion and school progress
- How many nights out each week, and how late
- After-school activities or jobs
- Allowance or money
- Safety in and around motor vehicles

Clearly communicate any change in the original limits.

You have specific reasons for deciding to change what was agreed to. You aren't simply giving up because your teen didn't follow the rules.

POSITIVE COMMUNICATION

Good communication—talking and listening—with your teenager may be the most important part of your relationship.

Since teens are forming their own identity and testing limits, some conversations may lead to



disagreements and become uncomfortable. Your goal is to have open, respectful, and honest conversations. Teens need to feel loved and that their point of view is respected, even when you disagree.

Positive communication gives teenagers a chance to:

- Learn how to talk honestly and respectfully with others, even when they disagree.
- Feel more confident in discussing their needs and feelings.
- Know that a positive attitude can keep them safe and out of fights.

Make a habit of talking about whatever makes your teen happy.

No matter what your teen's interest—sports, music, clothing, TV, video games, friends, school—ask questions and learn what's going on.

Try to eat together whenever possible. Mealtimes are good times to talk and listen.

Answer questions directly and honestly.

If you have made a mistake, admit it. "I'm sorry" are very powerful words for a teenager to hear from parents.

Notice your teen's feelings. "You seem upset about your relationship with _____."

Be aware of your own reactions and emotions. Teenagers are great at saying or doing things that annoy their parents. Take time to think about your responses and decisions to your teen's requests.

Offer your opinion without lecturing or judging. Know that you may hear something with which you disagree. Avoid statements like, "That's stupid." or "You're wrong." Try saying, "I hear you, but this is how I see it..."

Give all of your attention. If the phone rings, don't answer it. It also is difficult to talk while doing other things, like watching TV.

Offer assistance. "Is there something I can do to help?"

WHEN TALKING IS DIFFICULT

Yelling, threatening, blaming, and name-calling can only make matters worse. Sometimes teens just don't want to talk with their parents.

Consider helping your teen find other caring adults who share your values. It may be easier to hear advice from one of these other adults.

KEEPING YOUR TEEN SAFE

Know where your child is after school. The most common time for teenagers to get into trouble is between 2:00 and 6:00 PM. If not supervised, this is often when teens fight, use drugs, and have sex.

Talk with your child about carrying a weapon. Carrying a weapon makes people feel bold, leading to foolish behaviors. Carrying a weapon gives a false sense of protection and makes your teen less safe.

Teach your child that it takes more courage to walk away from a fight than to fight. Most young people hurt in fights have been fighting with someone they know. Teach your child how to resolve problems without fighting. Your example is the best way for your child to learn this.

Let your teen know that it is more important to know how to walk away from a fight than how to win one, and that it is possible to stand up for yourself without fighting.

IF YOUR TEEN GETS INTO A FIGHT

Often teenagers who get into a fight are just in the wrong place at the wrong time. Sometimes fighting is the only choice they know.

- Talk about what happened:**
- Find out what caused the fight. This helps avoid future fights. Did it start with an argument? An insult? Was it revenge? Did it result from being robbed? Getting jumped?
 - Listen to the whole story. Try not to interrupt, scold, judge, or problem solve. Just listen.

- Being hurt in a fight can be scary and embarrassing. It's important to pay attention to your teen's feelings.

Find out if the fight is over:

- **Help resolve the problem.** "Are you still afraid? Are you thinking of getting even? Do you think the other person is looking for revenge?"
- **Involve your teen in finding a solution.** "What else could you have done besides fight? Is there someone else who can help you and _____ find a solution to this problem?"

Develop a safety plan for the future:

- **Change routes to avoid known threats.** "Is there another way that you can get home? Can you leave home or school at a different time? Try not to travel alone."
- **Guard against robbery.** "Always know what's going on around you, especially if you are wearing new clothes or flashy jewelry. It may be better to just hand it over. Things can be replaced; you can't."

- **Seek a safe place when being followed.** "Walk or run into a store, police or fire station, or any other public building. Tell them it's an emergency and ask to use the phone to call for a ride. Or, go to a friend's home and get inside quickly."

WHEN YOUR TEEN MAY NEED HELP

Your teen may need help if you notice any of the following warning signs:

- Not talking, or a change in communication style
- Feeling down most of the time—losing interest in friends or activities
- Change in school performance, skipping school, or maybe even dropping out
- Trouble with the law

If you or your teenager needs help, please contact your pediatrician.

Connected Kids are Safe, Strong, and Secure

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JUULing: What Pediatricians and Families Need to Know

What is a JUUL?

JUUL (pronounced “jewel”) is a brand of e-cigarette made by JUUL Labs Inc.

JUUL has grown quickly in popularity since introduction to the market in 2015, fueled by a serious following among youth and young adults.

JUUL’s popularity among youth raises significant concerns for pediatric health.



JUUL Characteristics:

JUUL is a sleek, small e-cigarette that resembles a flash drive. Unlike other types of e-cigarettes, JUUL does not look like a traditional cigarette and thus may not be immediately identifiable as a vaping device. Due to their size, JUUL devices are discrete and can be easily concealed in a fist or a pocket.

JUUL operates by heating a “pod” of e-liquid containing nicotine, flavorings and other substances. When heated, the e-liquid creates an aerosol which is inhaled by the user.

JUUL has spawned its own terminology: use of these devices is called “juuling.”

Public Health Concerns:

JUUL comes in youth-friendly flavors, including mango, mint and fruit-medley. For decades, the tobacco industry has used flavors to attract youth to their products.¹ Youth cite flavors as a common reason for e-cigarette use.²

JUUL is highly addictive. The concentration of nicotine in JUUL is more than double the concentration found in other e-cigarettes. This high concentration is a serious concern for youth, who are already uniquely susceptible to nicotine addiction. The addictive potential is so high that the US Surgeon General has declared that youth use of nicotine in any form is unsafe.³

JUUL users have a significant risk of becoming cigarette smokers. Youth who use e-cigarettes are more likely to progress to smoking traditional cigarettes.^{3,4}

JUULing is increasingly common in high school and college campuses. Educators report that youth are using JUUL in classrooms, hallways and restrooms, and are sharing devices with their peers. This social use encourages non-users to try JUUL, and enables students who are too young to purchase these products, or who could not otherwise afford them, to access them through peers.

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